



## Family Style Meals Video Study Guide

*A review of the training video qualifies the participant for the 0.25 hour training credit.*

*A completed study guide attached to the training certificate will qualify the participant for the 0.5 hour training credit.*

During the introduction the narrator, Mallory, stated that “...as a child care provider, you are a great person to partner with parents to make sure children develop healthy eating habits.....”

Based on the information presented in this video, discuss the following points with your supervisor or trainer.

1. Review any policies and procedures in place in your program and discuss them with your supervisor or trainer to ensure you are comfortable implementing them in your program. Compare and contrast the information presented in this video with the information currently in place in your program. List one procedure that could be added to your program OR how you can adjust a procedure already in place to be more effective.
2. Mallory discussed the importance of developing healthy eating habits. Based on what you saw in the video, how will serving a meal “family style” in a child care program support the development of healthy eating habits? List two or more main points.
3. Mallory shared that children with special needs may need some assistance participating in the meal process. How would you make sure a child with special needs attending your program participated in the family style meals served in your classroom? Describe your plan.
4. Chasity stated that she has lengthened the time allotted for family style meals in order for children to serve themselves and enjoy the meal. Discuss what you think children learn when they participate in family style meals and list three or more of these points.
5. Bobbie stated she thought it was going to be a quite a chore to include the family style process in her program. After trying family style meals, she soon learned that the children really liked the process. Discuss how you would introduce the family style meal process to a new staff member. Write down two or more key statements of your introduction.
6. Soraya explained how she introduced family style meals into her classroom and how she felt about the process at first. Discuss how you would present family style meals to a group of children that were not used to the family style meal method. List the steps required for the children in your classroom.



ARIZONA DEPARTMENT  
OF HEALTH SERVICES



# **EMPOWER PACK PROGRAM FAMILY STYLE MEALS VIDEO**

*Name of Participant:* \_\_\_\_\_

*Date of training:* \_\_\_\_\_

*The participant listed above completed a review of the Family Style Meals Video and is receiving credit for 0.25 (1/4) hour of training.*

*If the Study Discussion Guide is completed and attached, the participant may receive a total credit for 0.5 (1/2) hour of training.*

*Total training time:* \_\_\_\_\_ *hr.*

*Supervisor/Trainer Signature (required):* \_\_\_\_\_